Infographic produced by National Initiative for Consumer Horticulture (NICH).

Discover more about the power of plants in this series at ConsumerHort.org.

STRESS BUSTER
Plants used as part of room décor reduce the stress of hospital patients and lower their blood pressure.

New breast cancer patients were better able to tolerate life's disruptions caused by the diagnosis, surgery and treatments through interacting with nature.

BOOST PROFESSIONALISM
Having healthy plants promotes a professional image and a feeling of warmth and caring.

ENERGY BOOSTER
Hospital patients reported less fatigue in rooms containing plants.

HOSPITAL HERO
Patients spend less time in recovery and go home sooner when their hospital rooms contain plants.

PAIN RELIEVER
Patients recovering from surgery took less pain relievers in rooms containing plants.

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SEEING IS BELIEVING
Just looking at pots of flowers and plants make people more relaxed and aware. A study of EEG (electrical brain activity) measurements shows more relaxation when viewing greenery compared to looking at a concrete structure.

GREENING THE GREAT INDOORS
Having plants in hospitals and clinics is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants remove air pollutants and stabilize CO₂, while decreasing our stress and helping us heal faster.

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#PlantsDoThat Inside!
Where We Heal

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REFERENCES


CREDITS
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MORE INFORMATION
- National Initiative for Consumer Horticulture, ConsumerHort.org
- Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu